

SALINA PARKS & RECREATION SOCCER PROGRAM

Salina Parks & Recreation operates soccer programs where young people can learn to develop a positive self-image, self-confidence and other positive character traits through their participation in soccer. We base our soccer program on these philosophies:

Everyone Plays-Our goal is for kids to play soccer, so we mandate that every player on every team must play at least half of every game.

Positive Coaching-This builds a positive team spirit. We train and encourage our coaches to make the extra effort to understand and offer positive help to our players, rather than negative criticism.

NYSCA Training-National Youth Sports Coaches' Association (NYSCA) is a national certification program developed to assist the local volunteer youth coach while coaching youth athletes. NYSCA ensures that the coach is aware of his/her responsibilities to children.

Open Registration-Our programs are open to all children grades 6-8 who want to register and play soccer. Interest and enthusiasm are the only requirements for playing.

Good Sportsmanship-We create a positive environment based on mutual respect, rather than a win-at-all-costs attitude. All of our programs are designed to instill good sportsmanship in every young person.

Salina Parks & Recreation Philosophies

Everyone plays

All participants will play at least half of every game. If coed league exists, both girls along with boys shall share equal playing time.

Open Registration

Tryouts will be used to pair teams. Salina Parks and Recreation strives to make teams as fair as possible, therefore a tryout will be used to find ability of each child. Coaches will draft there team based on their credentials.

NYSCA Training

For all coaches

Positive Coaching

Building confidence

Good Sportsmanship

Winning and losing gracefully

Salina Parks & Recreation has two different divisions for the youth of the community to participate in. These divisions are broken up by grade.

GRADE	GAME/PRACTICE FIELDS	GAME LENGTH	BALL
6, 7, 8	Bill Burke (North & South) Ivey, Oxbow, Bill Burke North Practice Fields Kennedy (Head Start) Field	Two 25 min. Halves	Size 5

The Salina Parks & Recreation requires that all participants have the proper equipment before each practice and game begins.

The participants must have:

T-shirt (Salina Parks & Recreation will provide)

Short or long pants

Stockings

Suitable shoes (no toe cleats)

Shin guards

Some other rules that must be followed are:

Hair control devices may be worn if made of soft material, worn without knots and not for adornment.

Sweatbands may be worn on the head and wrists if made of soft material.

Players shall not wear jewelry, with the exception of medical metals, which shall be taped to the body if worn.

Players will keep their shirts tucked in their pants at all times.

The Salina Parks & Recreation Department enforces these rules for the safety and enjoyment of all players. We would like to encourage all parents to offer any ideas, suggestions and/or concerns to the Salina Parks & Recreation Department.

“You can discover more about a person in an hour of play than in a year of conversation.”

-Plato

THE GAME OF SOCCER

Soccer is a simple game. It requires a field, a ball, two teams of players and their equipment and a referee.

Soccer is played by two teams on a field, approximately, the size of a football field. Smaller fields may be used for younger players.

The game is played in two timed halves of equal length.

Physical size is not an important factor in becoming a skilled and successful soccer player. Because of the nature of the game, every child participates in the action while on the field.

THE OFFICIALS

The Referee is the ultimate authority during the game. The referee's chief responsibilities are to make the game as fun, fair and safe for the players as possible. The referee enforces the rules-which, in soccer, are called "Laws"-by calling offenses and determining if goals have been scored. Salina Parks & Recreation utilizes high school, college students and adult community members to officiate league games, as well as follow **KSHSAA Rules unless otherwise noted**. Two referees are assigned to all games. Many young officials are "in-training" to gain experience.

THE TEAM

A team has a maximum of 11 players on the field at any one time, although a game can be played with as few as seven layers on a team. Regions use short-sided teams in younger age divisions. Players get more "touches" on the ball, learn skills quicker and have more fun using this method.

Each team offers the following positions:

The Goalkeeper is responsible for guarding his or her team's goal and preventing the other team from scoring.

The Defender's primary duty is to prevent the opponent from having a good shot at the goal. This player also works to gain possession of the ball and pass it to teammate for an attack.

The Midfielder (or halfback) plays a "transitional" game from defense to offense and vice versa. Usually the midfielder is the most active player on the field and key to maintaining team continuity.

The Forward's primary responsibility is to score, and also assists the midfielder in shifting play from defense to offense.

It's important to keep in mind that any player on a team may score a goal, regardless of position.

SOCCER SKILLS

The sport involves several basic skills: passing, shooting, dribbling, and controlling (or trapping) the ball.

These skills can be learned at any age, and a good soccer player works continually to improve them.

Passing

Passing is kicking, pushing, or heading the ball to a teammate or to a space where a teammate can run the ball. A player may lightly tap the ball to a teammate several feet away or kick it strongly to move it down the field. The ball may scoot along the ground or be kicked into the air.

Most players use two types of kicks to pass to a teammate or shoot toward the goal . One is the instep drive which is a powerful kick. The other kick is called a push pass. Performed using the inside of the foot, the push pass is much more accurate than the instep drive, but is less powerful.

Dribbling

Dribbling is transporting the ball under control from one area to another. Soccer players cannot use their hands. Players dribble the ball with their feet, using light taps on the ball to move it along the ground.

Controlling

Controlling (or trapping) is stopping the ball in flight or on the ground, and then controlling it by either dribbling or passing the ball to teammates. There are many ways to trap a ball: (1) allowing it to hit the chest at an angle that deflects the ball to the ground where it can be controlled: (2) allowing it to hit the thigh or bent knee to deflect the ball to the ground where it can be controlled: or (3) using the foot to stop the ball.

Heading

Heading is unique to the game of soccer. When a ball is too high to kick, players “head the ball to pass to a teammate or score a goal.

EQUIPMENT: WHAT PLAYERS NEED

Soccer has limited equipment requirements,

- Shin guards are mandatory during practices and games.
- Soccer shoes are optional.
- Team shirts provided must be worn during the games. Shirts may not be written on or torn!

The Salina Parks & Recreation Department provides field equipment, such as goals, nets, and flags.

THE FIELD

The field is divided in two halves. The center circle in the middle of the field is used to start the game, to start the second half and to restart after a goal has been scored.

There is a large rectangular area and a smaller rectangular area found at each end of the field. These are vital areas for both teams, and are where penalty kicks are taken.

The four corners of the field are inscribed with three-foot arcs where corner kicks are taken.

THE LAWS (RULES)

There are 17 of them and they are easy to understand. Their purpose is to make the game fun, safe and fair.

The object of the game is for the players to get the ball into their opponent's goal using any part of their body except hands and arms. Only goal keepers may use their hands while inside their own penalty area.

Generally, the Laws require that referees stop the game when something has happened which is unfair or unsafe. Important elements of the Law to be familiar with include Ball In and Out of Play, Fouls, Misconduct and Offside.

Kickoff

To start the game or the second half, and after each goal, a kickoff is taken from the center circle. *The player kicking off cannot touch the ball before another player for either team touches the ball.*

Throw In

After the ball has completely crossed the side boundary lines-called touch lines-a throw in is awarded against the team that last touched the ball. The throw in is taken from where the ball left the field and must be thrown with two hands from behind and over the head, while both feet are on the ground on or behind the touch line.

Goal Kick

The goal kick is taken by the defending team each time the ball crosses the goal line and was last touched by an attacking player. The ball may be placed anywhere in the goal area and is not considered back in play until it has been kicked out of the penalty area.

Corner Kick

This kick is taken by the attacking team each time the ball is kicked by the defense over its own goal line. The ball is placed within the three-foot arc in the corner of the field (nearest to where the ball went out of play) and kicked into play by the attacking team.

Penalty Kick

A penalty kick is awarded when a defending player commits one of the 10 penal (major) fouls within his or her own penalty area while the ball is still in play. The penalty kick is taken by a player from the offended team from a spot 12 yards from the goal. All players must remain outside the penalty area, 10 yards from the ball, and behind the penalty kick mark until the kick is taken, except for the kicker and the goalkeeper. The goalkeeper's feet must remain stationary on the goal line until the ball is kicked. Once kicked, the goalkeeper may try to stop the ball from entering the goal. The kicker, after waiting for the referee's signal, may score by kicking the ball directly into the opponent's goal.

MISCONDUCT

There are two kinds of misconduct: (1) when an action results in a caution (yellow card) from the

referee and (2) when an action results in a player being sent off or ejected from the field (red card). A referee may also warn a player to improve his or her conduct (or unsportsmanlike behavior) before a caution is issued.

The referee also has the authority to suspend or terminate play because of misconduct or interference on the part of coaches or spectators.

“Life was meant to be lived.”
-Eleanor Roosevelt

OFFSIDE

A player is offside if he or she is ahead of the ball, except if the player...

1. Is in his own half of the field.
2. Has two opponents even with or between him and the opponent's goal line. The referee's "moment of judgment" is the instant the ball is played, not when it is received.
3. Is the first to receive the ball from a throw in, corner kick or goal kick.
4. Is not involved in active play by interfering with play, interfering with an opponent, or gaining an advantage by being in that position.

THE FOULS

Penal (major) Fouls

There are 10 major fouls that result in a direct free kick (DFK), and from which a goal may be directly scored against the opponents.

To be a major foul, the offense must have been, in the referee's judgment, committed intentionally.

The 10 penal fouls are divided into two groups. Six within the first group require that the foul be committed carelessly, recklessly, or with disproportionate force:

- Kicking or attempting to kick an opponent
- Striking or attempting to strike an opponent
- Pushing an opponent
- Charging an opponent
- Tripping an opponent
- Jumping an opponent

The other four require only that they be committed:

- When tackling an opponent, making contact with the opponent before the ball
- Spitting at an opponent
- Holding an opponent
- Handling the ball deliberately

Non-Penal (Minor) Fouls

There are five minor fouls that result in an indirect free kick (IFK). At least one additional player of either team must touch the ball before a goal can be scored from an IRK.

Dangerous Play

Including high kicking near another player's head or trying to play a ball held by a goalkeeper.

Fair Charge Away From the Ball

Fully charging when the ball is not within playing distance.

Impeding the Progress of an Opponent

Getting between an opponent and the ball when not playing the ball.

Charging the Goalkeeper

Shoulder-to-shoulder contact within the penalty area.

Goalkeeper Infringements

1. *Goalkeeper taking more than 6 seconds while controlling the ball with his or her hands, or other wise wasting time.*
2. Goalkeeper playing ball with hands when ball is kicked by teammate.

“Play is where our lives live. When we slip into play, we slip into self-experience where we can afford to ‘let go’ and respond to ourselves, to others, and to the environment in an unpredictable, personal way.”

-Levy